GASTROENTERITIS

Diet and Treatment Advice
for patients with acute nausea, vomiting and/or diarrhea

1 Use medication only if, and as, prescribed by your clinician.

2 Take only plain water
   - consomme
   - clear broth
   - bouillon
   - miso soup
   - herb tea
   - apple juice
   - uncaffeinated sodas (let carbonation escape, if vomiting)
   - jello
   - popsicles
   - Gatorade®
   - Pedialyte®

Do not take anything by mouth within 1 hour after vomiting.
At first these should only be taken two tablespoons (1 ounce) at a time, 2 or 3 times per hour. The amount and frequency may increase as tolerated, to as much as 2 ounces every 10 minutes.

3 When full hunger returns, and if diarrhea and/or vomiting are improving, any of the following may also be taken in small portions, frequently:
   - dry toast
   - boiled rice
   - Cream of Wheat
   - noodles
   - boiled/baked potato
   - salted soda crackers
   - Melba toast
   - apple sauce
   - bananas
   - soup diluted with water, not milk

4 If foods in 3 are tolerated for 24 hours, a diet may be consumed that is void of:
   - fatty foods
   - dairy products
   - alcohol
   - caffeine

This restriction should be maintained for at least one week after diarrhea/vomiting have resolved.

5 Prompt re-evaluation should be made if any of the following occurs or continues:
   - persistent vomiting
   - persistent diarrhea, bloody stools, black/tarry stools
   - steady, persistent, or increased abdominal pain/cramping
   - definite abdominal tenderness with coughing, sneezing or straining
   - fever over 100F
   - marked weakness, or dizziness

Check our website: www.uhs.berkeley.edu to learn more about this medical concern or others.

For an appointment www.uhs.berkeley.edu or call 510-642-2000
Clinic Nurse 510-643-7197 for advice

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